



InterStim Therapy is a form of sacral neuromodulation (SNM) used to treat various bladder problems. It involves a small implant that sends gentle electrical signals to the sacral nerves, which help control your bladder and pelvic floor muscles.

## ❑ Who Might Benefit from InterStim?

InterStim Therapy is used to treat:

- Overactive bladder (OAB)
- Urgency urinary incontinence
- Urinary urgency-frequency
- Nonobstructive urinary retention
- Fecal Incontinence
- It is typically recommended when other treatments, such as lifestyle changes or medications, haven't worked.

## ❑ How It Works

- The sacral nerves send signals between your bladder and brain
- If these signals aren't working properly, bladder control may be affected
- The InterStim device sends mild electrical pulses to these nerves to help restore normal function

## ❑ What to Expect

### Step 1: Test Phase

- A temporary device is placed to stimulate the sacral nerve
- Worn for 3–14 days to see if symptoms improve

### Step 2: Long-Term Implant

- If the trial is successful, a small permanent device is implanted under the skin (typically near the upper buttock)
- Short outpatient procedure.

## ❑ Benefits of InterStim Therapy

- Improves bladder control and reduces urgency and leakage episodes
- Enhances quality of life
- Long-term relief for many patients
- Minimally invasive outpatient procedure

### Studies show sustained improvement in:

- Voiding patterns (from bladder diaries)
- Symptom severity scores
- Patient satisfaction and confidence





## ❑ Is It Safe?

- InterStim has a strong safety profile
- Most side effects are minor and include discomfort near the implant site or temporary changes in stimulation
- Fewer complications with newer versions and surgical techniques

## ❑ Summary

InterStim Therapy is a well-established and effective treatment option for patients with bladder dysfunction that hasn't responded to other treatments. It offers many patients a chance for improved bladder control and quality of life.





## Resources

### Chirag Dave, MD

#### About Me

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Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.

#### We Value Your Feedback

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If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care. 🙌



Marietta Clinic

For more information about Advanced Urology or Dr. Chirag Dave, please visit  
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